



**2 - Uniting
Through Reading**



**4 - Halloween
Safety**

Brief Notes

All absentee ballots are now being accepted for free mailing at the Main Base and Hario post offices until midnight, Nov. 1. For more information, call 252-3467 (Main Base) or 252-8830 (Hario).

Trick-or-Treating will be held in housing areas Saturday, Oct. 30 from 6 - 8 p.m. Each I.D. holder will be permitted five guests. Town houses participating should keep outside lights on, and if not, turn them off.

Navy Ball tickets are now on sale. Prices are: E4 and below, \$20; E5 and E6, \$30; E7 and above, \$35; and \$40 for civilians. Civilian spouses of military members pay the equivalent of their spouses' rank.

Adopt-A-Sailor, sponsored by the Chaplain's Office (252-3380), seeks families to get **single Sailors** out of the barracks and into a home for the holidays. **Adopt-A-Sailor Plus** extends the original program by sponsoring Sailors for a period of up to a year...support the single Sailors for the upcoming holidays and give them a touch of home.

The Secretary of Defense and Chief of Naval Information are sponsoring the **Armed Forces Day 2005 Poster Contest**, open to all military and government personnel, to commemorate the event. All designs must include a written theme, may be submitted in 8.5x11-inch format and must have enough resolution for creating 2x3-foot posters. Mail entries to:

Lt. William Marks
CHINFO OI-51
1200 Navy Pentagon, Rm. 4B463
Washington, DC 20350-1200

or send e-mails to:
<william.j.marks@navy.mil>

This Week

Hachiman Shrine Harvest Festival Parade, Nov. 1-3

22nd Chawan (Chinaware) Festival in Arita, Nov. 3-7
For more information, contact Eriko at 252-3102.

Weather

Sunday Spooktacular
H 72° L 59°
Monday P.M. Rainshowers
H 72° L 66°

DUI Counter: 17 days as of Oct. 28

NMCB-133 Seabees enclosing Galaxies parking area to pave way for larger food court

JO1(SW) Ron Inman
CFAS Public Affairs

Naval Mobile Construction Battalion (NMCB) Detachment 133's Seabees are busily converting the parking area beneath the Galaxies Club into an enclosed space which will become a larger food preparation area and food court for the facility. The Gulfport, Miss., - based unit, which arrived in Sasebo June 9, began the project Aug. 26 and will complete it before their departure in mid-December.

Every day from 7 a.m. until 7 p.m. and a half-day on Sunday, the Seabees are at the site, working against the clock, and recently, the weather – to complete the project on time.

Crew Leader, Builder Second Class Richard Fowlkes, explained how Typhoon Tokage challenged the Seabees.

"Heavy rains affect us," Fowlkes said. "When you're standing in knee-deep water trying to work, it slows you down a little bit. Once it stops raining, though, we pick up the pace to catch up."

During Tokage, some of the wooden framework holding up the recently-poured concrete walls was knocked out of alignment and had to be re-leveled and reset.

According to Project Supervisor, Builder First Class (SCW) Luland E. Taylor, the project entails putting up concrete walls on the South, East and North sides of the parking area. The West wall adjoins the first floor of Galaxies.

"This is a good opportunity to train for us," added BU1 (SCW) Alton P. Lord, Detachment Leading Petty Officer (LPO), "especially for our junior Seabees. Not many of them have had the chance to do vertical [concrete] pours."

So what does it take to make a concrete wall?

Fowlkes said the first step in the process involves 'rebar', or reinforcing steel (RST). Anchored in concrete, rebar gives flexibility to concrete, which, on its



A BUCN with the NMCB attaches form work to rebar framework with a drill while his fellow Seabee (foreground) gets into a tight spot to ensure proper alignment. (Official U.S. Navy Photo by JO1(SW) Ron Inman)

own, is inflexible and cracks.

"Without [rebar], the entire wall would crack with the first earthquake," Fowlkes explained.

The Seabees build a grid-like framework of rebar where the final wall will go. Then they erect 'form work', wooden supports, on either side of the rebar, pour concrete between the form work and allow it to cure, or dry.

"Curing is a critical process," said Fowlkes. "It takes concrete 28 days to dry fully, and we remove the form work after 7 or 8 days." After removing the form work, two tests are performed to check its quality.

The 'slump test', according to Fowlkes, checks how much water is in the concrete, its consistency. In a moist climate, like Sasebo, that means stronger,

more consistent concrete.

The 'pressure test' verifies the air - to water - to - cement ratio, which determines the pounds-per-square inch (PSI) strength of the concrete.

"The concrete we're using is rated at 4000 PSI," said Fowlkes. "It will very easily reach that, especially in this climate."

Lord emphasized that besides the Galaxies project, the detachment has been building something equally vital – the relationship with their Japanese hosts.

"We learn from each other," he said. "The language barrier is a challenge, but we have good resources," he said. "The Japanese are very, very efficient in vertical concrete, and the Base Engineering office is very helpful. In fact, local Japanese engineers with Public Works designed the Galaxies project. Their knowledge has provided great training for us."

That teamwork is literally paying off for the Navy and Fleet Activities Sasebo (CFAS). According to figures provided by Taylor, by having NMCB Det. 133 complete the project, instead of contracting out, the Navy is saving over \$1.3 million dollars.



Work in progress: Seen from inside the parking area, a finished concrete wall (right) and (left) a curing wall still covered by form work. The chain attached to the form work ensures adequate tension for proper alignment of the finished wall. The project will be complete by the first week in December, just before NMCB Det. 133 departs. (Official U.S. Navy Photo by JO1(SW) Ron Inman)

Juneau Culinary Specialists receive training from Bahrain hotel

CTT3 (SW) Mark R. Witherspoon
USS Juneau Public Affairs

Have you ever wondered where your job in the Navy could take you? While enjoying a port visit in the Kingdom of Bahrain, several Culinary Specialists (CS) from USS Juneau (LPD 10) were shown one possibility through an invitation by Mr. John Losasso, the Special Projects Manager of the Diplomat Radisson SAS Hotel.

Culinary Specialist (SW) Second Class Rodney M. Stokes and four of his junior CS' were taken behind the scenes of the Radisson's elaborate restaurants and buffets to spend a day in the kitchens to learn about food preparation and presentation.

The day started with a tour of the multiple kitchens, bake room, butcher's room and storerooms given by Executive Sous Chef, Mr. Ahmed Saadeh. After learning



USS Juneau (LPD 10) crewmembers CSSN Yonathan Fortuna and CSSN Carlos Quintanilla observe soup preparation techniques from a Radisson chef. (Released by Juneau Public Affairs)

about the kitchen's ability to prepare food from countries all over the world and serve groups ranging from 20 to 4,000, the Sailors learned that Executive

Chefs can earn anywhere from \$40,000 to more than \$100,000 per year depending on skill and location. A few surprised eyebrows were raised signaling that it was time to start learning. Each CS was taken under the wing of a Radisson chef and shown the ropes of preparing breads, meats, sauces, vegetable platters, and table arrangement.

Rather than spend a day just cutting up vegetables and stirring a few soup bowls, Stokes was adamant about his personnel talking with chefs and learning from their years of experience. While preparing a tray of miniature crackers covered with an intricate design of vegetables one of the chefs, Mr. Krish Gopalan, brought the Sailor's attention back to the basics of their trade, "You have to take your time and learn the job. Even if

Please see Juneau, pg. 6

SES Students conduct 'hands on' class in flu season hygiene

Beth Martin
SES Correspondent

Flu and cold season are quickly approaching and Mrs. Barbara Burleson, the Sasebo Elementary School (SES)

nurse, is on a crusade to prevent it from gaining a foothold in SES.

"We do this class every year," Burleson said. "This is our greatest defense to prevent getting the flu or spreading it. We want to make sure our kids have the skills and knowledge they need to protect themselves."

Mrs. Burleson recently visited classrooms to demonstrate proper technique for soaping, scrubbing, rinsing and drying hands, critical in preventing the spread of germs. The students learned that washing one's hands is vitally important and should be done many times a day. Some of those times, the students learned, include before eating, after brushing one's teeth, handling money, touching a pet, handling dirty objects and of course, after coughing or sneezing. With the help of a bottle of "glo germs" Mrs. Burleson could graphically illustrate to the students the areas of their hands they missed during hand washing. Mrs. Burleson also introduced the students to Henry the Hand, a hand-washing mascot, to help them remember the importance of proper hand washing.



The Sasebo Elementary School Nurse, (far right) demonstrates proper handwashing techniques to students. (Released by CFAS Public Affairs)

Uniting Through Reading brings Sailors back home for story time

USS Essex (LHD 2)
Public Affairs

Once upon a time on the good ship Essex, Papa Bear took time out of his busy day to read a book to Baby Bear. This might sound like a fairy tale to you, but parents are reading to their kids on Essex because of a unique program called 'Uniting Through Reading (UTR).'

This worldwide program allows shipboard Sailors and Marines, deployed far away from home, the opportunity to stay in touch with their kids via videotape.

Crewmembers aboard the ship have already taken advantage of the UTR program. They've been able to get that special bedtime story back home to their kids.

Operations Specialist Second Class(SW/AW) Marvell A. Gillespie has two young boys. Gillespie said he looks forward to always being a good father for his kids as they grow up.

"Being apart from them is hard and I miss them very much. I know that they'll

be seeing these tapes of me reading and say, 'Wow! There's Daddy! He's at work and he's finding time to read us a story!'

Gillespie added that he feels it's a nice opportunity for everyone, parents should read to their kids whenever they can. He added "I walked out with a videotape to my kids of a couple different stories and I know they'll enjoy seeing me and hearing my voice," he added.

Essex First Class Petty Officer's Association President and UTR coordinator, Master-at-Arms First Class(SW/AW) Francis Dalog, Sr., said he hopes for maximum participation while the ship offers this chance to connect with family back home.

"When the kids see their Mom or Dad on the tape reading a story, it's almost like they're still around. It's a great program," said Dalog.

If you would like to participate in the Uniting Through Reading Program regardless of command please contact Lesia Howard at 252-8664.



An Operations Specialist Second Class(SW/AW) participates in the UTR program by reading to his children. (Official U.S. Navy Photo by JO1 (SW) James Evans Coyle).

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Deadline for regular submission is Tuesday at 5 p.m. For more information, call 252-3409 or 252-3485. Address all correspondence to:

Sasebo Soundings
PSC 476 Box 93
FPO AP 96322-1100

Guardian deploys to Yokosuka for training

Ens. Matt Rippee
USS Guardian Public Affairs

The crew of USS Guardian (MCM 5) deployed for a training availability (TRAV) period at Fleet Activities Yokosuka, Japan, Oct. 16.

Each year, the Guardian crew makes this transit for training courses in basic and advanced firefighting, quality assurance, force protection and shipboard damage control, among several other courses that will be taken in order to meet the requirements of the annual training cycle.

The seas were rough during the trip and promise to be equally as punishing on the way back to Sasebo, according to Engineman 1st Class (SW) Alfonzo Randolph, a seasoned Sailor with nearly 20 years in the Navy.

Despite the rough seas, Guardian used the four-day trip to conduct minesweeping operations, engineering drills and communications exercises, among other training evolutions enhancing the ship's mission readiness.

Although the primary focus in Yokosuka is training,

Guardian Sailors are still making the best of their time off.

"[Yokosuka has] a great gym," said Damage Controlman 1st Class (SW) Joeseeph Clark, a Guardian crew member who enjoys weightlifting in his off-time. "The gym and the theater are the only places I go to relax."

Upon completion of TRAV, Guardian's crew will travel back down to their forward-deployed port in Sasebo to continue preparations for the Inspection and Survey (INSURV) scheduled this December.

Guardian is a mine counter measures ship forward-deployed to

Sasebo, Japan as part of Amphibious Force Seventh Fleet.



USS Guardian (MCM 5) is forward deployed to Sasebo, Japan as part of the Amphibious Force Seventh Fleet. (Released by CFAS Public Affairs)

Flu vaccinations available beginning Nov. 2

Branch Medical Clinic Sasebo Public Affairs

As you may have heard on the news, there is a flu vaccine shortage this year. This has required us to give the vaccination only to high risk groups until further notice.

These groups are the following:

- Children aged 6 to 23 months old
- Adults 65 years old and over
- Persons 2 to 64 years old with chronic medical conditions
- All pregnant women
- Out of home caregivers and household contacts of children

- less than 6 months old
- Health Care Workers with direct patient contact
- All Active Duty military

The vaccination will be available at the Immunizations Clinic of Branch Medical Clinic Sasebo beginning Tuesday, Nov. 2 if you belong to one of the above groups of people.

For Active Duty military, each command has an assigned time over the next week, so please contact your supervisors before coming to the clinic.

Even if you don't get the vaccination, you can limit the spread of flu by:

- Avoiding close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Staying home when you are sick. If possible, stay home

from work, school, and errands when you are sick. You will help prevent others from catching your illness.

-Covering your mouth and nose with a tissue when coughing or sneezing.

-Cleaning your hands. Washing your hands often will help protect you from germs.

-Avoiding touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

If you have any questions, please contact Preventive Medicine at 252-2586, Lt. Craig at 252-2583, or your health care provider.

USO thanks Seabees



D.J. Stanhope, Sasebo USO Director (right) presents Lt. Micheal Wanger, Naval Mobile Construction Battalion Detachment 133 (NMCB Det. 133) Officer-In-Charge, with a check for \$750 for their assistance with the recent USO Charity Auction, "and all the work they've done for the Sasebo community." According to Stanhope, the Detachment will use the money to pay for their junior Sailors' admission to the upcoming Navy Ball.

Contemplating on your next duty station?

Come visit the FFSC Welcome Aboard Video Library.

We may have information on the military installation that you have in mind.

You can check out a video for one week and learn about the military installation you want to go to in the comfort of your home.

For more information call 252-3604/3101.

The Post & Family Support Center

Profile: CSC (SW/AW) Guerrero
Frank F. Guerrero LCPO, Transient Personnel Department (TPD) Hometown...Guam
How long have you been in Japan?
4 years, 3 months
What is your favorite thing about Sasebo?
Japanese food
Are you married or single?
Married to my lovely wife, Hope
Do you have any children?
Yes. Frank; 10, Chasity; 8, and Charity, 2
What hobbies do you have?
Sightseeing
Who do you consider to be your role model?
My parents, because they were hard working, generous, quiet and always placed others before themselves.
What are your personal goals?
To retire and live a happy and peaceful life
What motivates you?
God and family
What is the one thing you can't stand?
People who lack respect
What do people not know about you?
I am a Chamorro, from the beautiful island of Guam
What is your most embarrassing moment?
Rather not say, too embarrassing
If you could have dinner with three people, living or dead, who would they be?
The late governor of Guam, Carlos Camacho, Jesus Christ and my grandma

Essex Sailors convert to new CTN rating

Focus of new rating is protection of Navy’s computer systems to accomplish its mission

Released by Essex Public Affairs

In an effort to better protect Navy computer systems from cyber-terrorism, a new rating was established on Oct. 1. After ten years of debate and study, the Cryptologic Technician (Network), or CTNs, rating now exists.

The focus of this new rating is not only to protect computer networks from attack, but to also assist in mission accomplishment by developing more efficient networks.

Three Essex CTs put in for the conversion to CTN, and all three were selected.

CTN1(SW) Gwendolyn White said she looks forward to working with Navy computer networks.

“CTNs are primarily taken from the Cryptologic Technician Communications, or CTO rating,” said White. “CTOs maintain ship’s communication

abilities, where as CTNs are more focused on network security, protecting Navy computer network systems, and computer analysis,” said White. “CTNs are also going to be in charge of protecting the Navy’s network systems and creating new tools to prevent security breaches,” she added.

With the high-level focus on network evolutions, CTN1(SW/AW) Kristi Windham noted the need for a CT rating to cover the continually evolving area of Navy computer network systems.

“What used to be a singular asset of the CTO rating has basically branched out into it’s own rating,” said Windham. “What was once similar to an Information Systems Technician job for CTOs, is now a completely different field together,” added Windham. “There will be a lot of more analysis of computer network systems in the future of the

Navy and CTNs will be an integral part of the future.”

The 242 new CTNs went through a screening process that included endorsement by their chain of command. Approximately 600 CTNs will be selected over the next three years.

CTN2(SW) Jason Buck said he feels his fellow CTNs have a surge of momentum and will take on their new rating with a fresh perspective.

“I’ve always liked being a CT and I’m very involved in all the work we do,” said Buck. “This new rating gives needed attention to the Navy computer networks. All the new CTNs will be there to pick up any and all added responsibilities,” he added.

Qualified CTs are encouraged to submit conversion request packages. Contact your Command Career Counselor for more information.

Safety Corner: Ensuring Halloween safety for kids

Charles Carr

CFAS Safety Department

Halloween could be one of the most dangerous nights of the year for young children. Falls and contact with motor vehicles cause the majority of injuries that occur at Halloween time.

The Fleet Activities Sasebo (CFAS) Safety Department asks parents and caregivers to think about the following tips, which can help ensure that your little ghosts and goblins return safely from trick-or-treating.

Visibility: Make children more visible to drivers by attaching retro-reflective tape, fabric, or decorative patches (available at fabric stores) to costumes and trick-or-treat bags. White or light-colored costumes may be somewhat more visible at close range, but only retro-reflective materials are considered highly visible in low light.

Traffic: reminders for children: Tell children to walk, not run, while trick-or-treating. Never let children under age 10 go trick-or-treating without the supervision of an adult or older sibling.

Reminders for motorists: Slow down in residential neighborhoods and obey all traffic signs and signals. Watch for children walking in the street or on medians and curbs.

Falls: Apply face paint or cosmetics directly to the face. If a mask is worn, be certain it fits securely. Cut the



eyeholes large for full vision. Make costumes short enough to avoid tripping. Secure hats so they will not slip over children’s eyes. Dress children in shoes that fit. Tell your children to

stay on the sidewalk at all times.

Personal Safety: set an established route for your child with a specific return time. Instruct children to stop only at well-lit houses or apartments and never to enter the homes of strangers.

Visibility Q&A

If my child wears a white sheet for a ghost costume, won’t drivers be able to see him all right?**Actually, the only way that pedestrians can be sure drivers will see them is by wearing retro-reflective materials or walking with a flashlight.**

What does it mean when you say something is “retro-reflective”? **Retro-reflective materials light up brilliantly when struck by the beams of a headlight — reflecting up to 1500 times more light than white fabric when viewed under nighttime driving conditions.**

Remember: most unintentional injuries (“accidents”) are predictable and preventable. Review basic pedestrian safety with kids before they head out on Halloween. An adult or older sibling should accompany trick-or-treaters under the age of 10.

USS Harpers Ferry enjoys three-day Qatar visit

JO2 Brian Biller

USS Harpers Ferry Public Affairs

USS Harpers Ferry (LSD 49) called on the port of Doha, Qatar, Oct. 11 for a three-day ground-breaking visit. The first U.S. warship to visit the port in more than two years, Harpers Ferry Sailors enjoyed the sights and venues of this city and were able to play host to a few young visitors from local schools.

During the port visit, several Sailors devoted a bit of their liberty time to visiting and working with local school children. Some students, including the 4th and 5th grade classes from Al Jazeera School, toured Harpers Ferry.

“My favorite part of the tour was when we took them to the mess decks, and seeing all the kids smiling and sharing what they saw with their classmates,” said Electronics Technician 2nd Class (SW) Jesus J. Montes.

Official visits were also part of the plan for the ship while in port Doha. The commanding officer and wardroom played host to members of the Qatari Navy and

U.S. Coast Guard, who toured the ship and enjoyed lunch aboard. Over lunch, the conversations quickly turned to the adventures of life at sea.

“Sailors are Sailors around the world, and those of us who go to sea in ships have an inherent understanding of each other,” said Harpers Ferry Commanding Officer Cmdr. Burt Quintanilla II.

“We enjoyed the instant camaraderie of military men and women that is universal,” he added. “We have a lot in common, and we share it for the common good.”

As part of the visit, the Qatari officers also helped cut the Navy’s 229th birthday celebration cake in the wardroom.

Harpers Ferry is forward deployed to Sasebo, Japan, and the celebration in Qatar was a highlight for the ship, now deployed to the Arabian Gulf.

“It is an honor to be a part of this wartime surge,” said Harpers Ferry Executive Officer Lt. Cmdr. Tim Crone. “As part of the Forward Deployed Naval Force (FDNF), we pride ourselves on being ever-ready. This operation has

afforded us an opportunity to demonstrate our skills in yet another theater, as well as experience the culture of the region.”

Harpers Ferry is part of the USS Essex (LHD 2) Expeditionary Strike Group, which was activated Sept. 10. Marine Brig. Gen. Joseph V. Medina, c o m m a n d e r , Expeditionary Strike Group (ESG) 3/ Commander, Task Force 58, along with his staff, amphibious ships, various cruisers, destroyers, patrol craft, Coast Guard vessels and coalition forces, are helping provide security and stability in the Northern Arabian Gulf.



USS Harpers Ferry (LSD 49) Sailors speak with local school children during a recent port visit. This was the first visit by a U.S. warship to Qatar in two years. (Official U.S. Navy Photo by JO2(SW) Alicia Boatwright)



Fear Factory

It's that time of year again for MWR's annual haunted house, titled the "Fear Factory" on Saturday, Oct. 30, from 6 – 10 p.m. at the Hario Gym. A fee of \$3 will get you one haunted tour and refreshments to help calm your nerves. The haunted house is not recommended for children under the age of 10, persons with physical limitations or health conditions and pregnant women.

Free Pumpkin Patch

For children 10 & under, the pumpkin patch is where you want to be on Saturday, Oct. 30 between 5 – 7 p.m. at the Darby Elementary School parking garage. A parent must accompany children at all times. Enjoy Halloween crafts, activities, games and air toys.

Mini Monster Bingo

It's not too late to get your advance Monster Bingo tickets for a chance to win \$3,000 on Friday, Nov. 5 at the Hario Community Center. Doors open at 5:30 p.m., games start at 6:30 p.m. Tickets are \$25 in advance at the Harbor View Cash Cage, or \$30 at the door. Advance tickets can be purchased up to 24 hours prior to event.

How about a chance to win \$5,000? Another Monster Bingo Night will be held on Wednesday, Dec. 22, at the Harbor View Club. Advance tickets will go on sale Wednesday, Dec. 1, at the Harbor View Cash Cage. For more information, call 252-3965.

Thanksgiving Day Brunch

Thursday, Nov. 25, is Thanksgiving Day and what better

way to spend it than at the Harbor View Club for a Thanksgiving Brunch from 11 a.m. – 6 p.m. Adults cost \$15.95, children 4 – 10 years of age are \$6.95 and 3 & under are free. Enjoy a traditional American Thanksgiving meal complete with the home cooked taste of roast turkey, steamship round of beef, candied yams, stuffing, assorted desserts and more. Reservations are highly recommended. To make reservations or for more information, call 252-3965.

Charlie Nagatani Performing Live!

Mark your calendar for Friday, Nov. 12, and come on down to the Harbor View Club for a night of country music. Japan's very own country star Charlie Nagatani & the Cannonballs will be performing live on stage at 8 p.m. For more information, call 252-3965.

Last Mongolian BBQ of 2004

Thursday, Nov. 18, is the last Mongolian BBQ for 2004 due to scheduled events and Command functions. For more information, call 252-3965.

Navy Goes Hollywood

If you didn't get your 2004 Navy Ball ticket yet, it is not too late. This year's theme is 'Navy Goes Hollywood' and the event will be taking place on Saturday, Nov. 20, at 6 p.m. at the Harbor View Club. Tickets are \$40 for civilians and Japanese guests. Tickets are available at the Harbor View cash cage. For more information, call 252-3965

MWR Boys & Girls Clubs of Sasebo Needs You!

The Sasebo MWR Boys & Girls Clubs are looking for volunteers for advisor and leadership roles for various programs. Anyone interested in the fields of education, sports & fitness, arts & photography, mentoring & role modeling or other services is invited to call 252-2989 for more information.

Betcha didn't know about: Exchange warehouse ghost

Phil Eakins

Base Historian

How many of you have heard things that go bump, but not necessarily during the night? This little tale is quite true, believe it or not.

I was employed at the Navy Exchange for nearly seven years, hired initially as a warehouse worker in July 1995. During the tour inside warehouse 130, I asked my co-workers what was located on the third deck. A ghost, they said. No one with me that day had actually seen the ghost, but I was told its footsteps could sometimes be heard pacing the floor.

A few months later I was transferred to the Mini Mart as a stock clerk. One morning in mid-November I was alone on the second deck pulling stock when I heard footsteps. It sounded like someone walking up from the ground floor so I stopped to see who it could be. When no one appeared at the top of the stairs, I figured they must've turned around and were returning downstairs. I peered down the conveyor belt to catch a glimpse of who it was. The footsteps stopped. No one could have walked through the area without being seen by me.

Suddenly, I heard heavy boots walking across the creaky floorboards of the third deck. I stopped for a minute and listened. Looking around, I noticed the lights on the third deck were not on, and no one could have walked to the second or third deck from either end of the warehouse undetected from my position.

I thought about heading upstairs to see who was walking around, but about two seconds later decided that wasn't one of my better ideas and I was satisfied just standing there looking at the ceiling and listening. The footsteps began walking down the stairs from the third deck about 30 feet from where I was standing; I was looking at the staircase.

But no one was there.

The footsteps shifted again to the third deck for a few moments before stopping completely. Oddly, the incident didn't unnerve me. I'd eventually make many trips to the third deck – alone – since that day, but I never saw the ghost or heard its footsteps again.

October 29-November 5

FEATURED PREMIERE

HERO • PG-13
Action/Adventure
Cast: Jet Li, Zhang Ziyi, Tony Leung, Chiu-Wai, Donnie Yen and Maggie Cheung

Rated PG-13 for stylized martial arts, violence and a scene of sensuality.

In a distant war torn land, a ruthless emperor is rising to power with an iron fist and massive armies. To control everything, he will stop at nothing. A fearless warrior with no name is on a mission of revenge for the massacre of his people.

SHOWBOAT THEATER

TELEPHONE: 252-3822

FRIDAY, OCTOBER 29	SATURDAY, OCTOBER 30	SUNDAY, OCTOBER 31	MONDAY, NOVEMBER 1	TUESDAY, NOVEMBER 2	WEDNESDAY, NOVEMBER 3	THURSDAY, NOVEMBER 4	FRIDAY, NOVEMBER 5
5 p.m. (PG) Shark Tale	2 p.m. (PG-13) Hero	2 p.m. (PG-13) Anacondas: The Hunt for the Blood Orchid	6 p.m. (PG-13) The Cookout	6 p.m. (PG-13) Papparazzi	6 p.m. (PG-13) Friday Night Light	6 p.m. (PG-13) Cellular	5 p.m. (PG-13) Hero
7 p.m. (PG-13) *Hero	5 p.m. (PG-13) Cellular	5:30 p.m. (PG-13) Hero	8:30 p.m. (PG-13) Ladder 49	8:30 p.m. (PG-13) Cellular	8:30 p.m. (PG-13) Varsity Fair	8:30 p.m. (PG-13) The Cookout	7 p.m. (PG-13) *Wicker Park
9:30 p.m. (PG-13) *Cellular	7 p.m. (PG-13) *Friday Night Light	8:30 p.m. (PG-13) The Cookout					10 p.m. (R) *Resident Evil: Apocalypse

HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, OCTOBER 29	SATURDAY, OCTOBER 30	SUNDAY, OCTOBER 31	MONDAY, NOVEMBER 1	TUESDAY, NOVEMBER 2	WEDNESDAY, NOVEMBER 3	THURSDAY, NOVEMBER 4	FRIDAY, NOVEMBER 5
6:30 p.m. (PG-13) Papparazzi	2 p.m. (PG) Superheroes: Baby Geniuses 2	2 p.m. (PG-13) Friday Night Light	NO MOVIES SCHEDULED		NO MOVIE SCHEDULED	6:30 p.m. (PG-13) Hero	6:30 p.m. (PG-13) Cellular
9 p.m. (PG-13) Varsity Fair	6:30 p.m. (PG-13) The Cookout	6:30 p.m. (R) Exorcist: The Beginning			* - Premiere	No scooters, skates, skateboards, strollers or backpacks allowed in theaters. No outside food or beverages.	9 p.m. (PG-13) The Cookout

THE COOKOUT (PG-13)
Starring: Storm P. Evi, Frankie Faison, Farrah Fawcett and Danny Glover
When Todd Anderson is chosen as the #1 professional basketball draft pick and signs to play for his home team for \$30 million, he finds that his newfound wealth means his relationships with the people in his life are bound to change. This becomes evident when he decides to throw a family neighborhood cookout during the summer at his new house in a stuffy white neighborhood. The event is timed to overlap with Todd's first endorsement deal-which only accentuates the difference between his roots and his newfound fame.

CELLULAR (PG-13)
Starring: Chris Evans, Kim Basinger, Jason Statham, Jessica Biel and Noah Emmerich
A random wrong number to his cell phone sends a young man into a high stakes race against time to save a woman's life. With no knowledge of Jessica Martin, other than her hushest, panicked voice on the other end of the tenuous cell phone connection, Ryan is quickly thrown into a world of deception and murder on his frantic search to find and save her. Jessica's life is in his hands. What is waiting for him on the other side of the line and what will it cost him to find out?

ANACONDAS: THE HUNT FOR THE BLOOD ORCHID (PG-13)
Starring: Johnny Messner, Morris Chestnut, Eugene Byrd, Nicholas Hope and Peter Curtis
A scientific expedition is sent to search for a rare black orchid by a powerful pharmaceutical company that hopes the orchid can be used to unlock the secrets of youth and immortality. What they soon discover is that the orchid is already being used by a powerful group... a swarm of giant snakes that derive their super strength, size and vitality from the flowers.

FRIDAY NIGHT LIGHT (PG-13)
Starring: Billy Bob Thornton, Derek Luke, Garrett Hedlund, Jay Hernandez and Lucas Black
Follow the Permian High School Panthers of Odessa, Texas through their 1988 football season as players, coaches, mothers, fathers, boozers, fans and families struggle with ongoing personal conflicts while the team fights for a state championship.

PAPARAZZI (PG-13)
Starring: Cole Hauser, Robin Tunney, Dennis Farina, Tom Sizemore and Larry Cedar
When an overzealous group of four paparazzi photographers cause a car accident that injures his wife and son, a hot young movie star named Bo Laramie plans revenge against them.

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- This card has no expiration date.
- No backpacks, strollers, scooters, skateboards or skates are allowed in the theater.
- No outside food or beverages allowed.
- CINE-PASS is for use at the Showboat & Village Theater.

Navy urges Sailors to make their voices heard, register to vote

Chief Journalist (SW/AW) Bill Houlihan
Navy Personnel Command Communications

MILLINGTON, Tenn. (NNS) — The 2004 general election is just a few weeks away, and the Navy Voting Assistance Office is making their final push to ensure maximum participation from active-duty Sailors. However, time is rapidly running out.

"I can't emphasize enough that Sailors must act quickly if they want to vote," said Lt. Bill Danzi, Navy Voting Assistance Program action officer.

"They'll see POD [Plan of the Day] notes, and hear 1MC announcements targeting those who have delayed submitting voter registration."

Every command, ship and shore, has a voting assistance officer (VAO). According to Danzi, these are the members trained to assist those who still haven't registered and wish to vote. And, despite the fact that it's very late in the election season, Danzi said many states are still accepting registrations and absentee ballot applications.

"Some states accept them up to the election date (Nov. 2)," Danzi said. "The VAOs can help Sailors, their spouse and voting-age eligible dependents register, and submit absentee ballots as quickly as possible."

Danzi added that it is the VAOs who are making the system work, some in innovative ways. USS Kitty Hawk (CV 63) Sailors were offered voter registration forms during tax filing assistance season.

"Essentially," said Kitty Hawk VAO Lt. Edward Westbrook, "I tried to do unconventional things to excite people about the election and about participating."

Westbrook registered more than 2,000 Kitty Hawk Sailors and family members, while urging the crew to learn as much about the candidates as possible.

"I downloaded the candidates' campaign views and posted them in hard copy and electronic form on the ship's LAN, so our Sailors could read their views," he said.

Navy senior leadership has been particularly proactive, urging Sailors to take advantage of their opportunity to participate in the process of electing our representatives.

"We've put a lot of work, a lot of energy into this," said Secretary of the Navy Gordon England. "I think the vast, vast majority of our men and women will be able to vote. My job is giving them the opportunity. And now, I just hope everybody takes advantage of it."

Chief of Naval Personnel Vice Adm. Gerry Hoewing added that the right to vote is one none of us should take lightly.

"Go out there and register to vote, so that you have the opportunity to take part in choosing the leadership of America," Hoewing said. "I can't think of anything more important than for Sailors to exercise their right to vote."

According to Danzi, the late push is important because there are still many Sailors who haven't registered, and may be under the impression their chance to do so has come and gone.

"It's not too late, but don't put it off any longer," he said. "Contact your Voting Assistance Officer now. Work with this person, and do whatever you have to do to ensure your are registered to vote in your state of residence."

More voting information can be found by visiting www.persnet.navy.mil/nvap



A Culinary Specialist 2nd Class, assigned to Naval Air Station Jacksonville (NAS) listens to the St. Johns County Assistant Supervisor of Elections, explain the registration procedure, while he mans a voter's registration booth during a three day event held on base. The Secretary of the Navy (SECNAV) Gordon R. England has made it his personal goal to ensure that every Sailor and Marine has the opportunity to vote in the upcoming election. (Official U.S. Navy photo by Miriam S. Gallet)

or call 1-866-U-ASK-NPC.

DoD announces online Federal write-in absentee ballot

Special release from the U.S. Department of Defense

The Federal Voting Assistance Program (FVAP) has made available an official Online Federal Write-In Absentee Ballot (OFWAB).

The OFWAB, like the paper version, has been prescribed by FVAP to serve as an emergency ballot for those overseas citizens covered by the Uniformed and Overseas Absentee Voting Act (UOCAVA) who do not receive their requested state absentee ballot. The OFWAB is an alternative to the multipart paper version.

Generally, a citizen can only use the FWAB under three, very specific conditions. To be eligible for this ballot, the U.S. citizen must:

- 1) Be located outside the United States (including APO/FPO addresses);
- 2) Have applied for a regular ballot early enough so that the request is received

by the appropriate local election official at least 30 days before the election; and 3) Not have received the requested regular absentee ballot from the state.

The FWAB is used to vote for federal offices, President/Vice President, U.S. senator, U.S. representative, delegate or resident commissioner to the Congress) in general elections.

Some states now allow military and overseas citizens to use the FWAB in elections other than general elections or for offices other than federal offices. The

citizen should consult Chapter 3 of the 2004-05 Voting Assistance Guide for specific state or territorial requirements. The citizen may electronically fill in the form before it is printed, or print it and manually fill in the form. In either case, the citizen's manual signature and date are required. Specific instructions to be followed when submitting the OFWAB may be found at www.fvap.gov/pubs/onlinefwab.html.

If the form is mailed within the APO/FPO or U.S. postal system, a postage paid indication may be printed on your mailing envelope from the FVAP Web site at www.fvap.gov/pubs/returnenvelope.html.

Citizens who receive their state ballot after submitting either version of the Federal Write-In Absentee Ballot should vote and submit their state ballot any time up to and including Election Day. Citizens should note on the state ballot envelope that a FWAB was submitted.

The FVAP can be contacted through the DoD Voting Information Center (VIC). Citizens may reach the VIC toll-free from 64 countries using the toll-free numbers listed on the FVAP Web site, www.fvap.gov. The VIC provides recorded messages from candidates, as well as other

information concerning elections, 24 hours a day.

Questions about this program may also be referred to the director, Federal Voting Assistance Program, Department of Defense, 1155 Defense Pentagon. Additionally, the FVAP can be reached via e-mail at vote@fvap.ncr.gov.



Juneau...from pg. 2

you don't like spending so much time on one little detail, you need to keep working at it until you get used to it. If you will eat the food, then serve it. If you will not eat it, then do not serve it." Gopalan went on to praise the outreach project, "They need to see how to prepare food, and they need to do it!"

Mr. Upul Wijesekera, the Radisson's master Italian chef, summed up the need for cooks to fully learn their trade, "Once a chef understands the basics, he can appreciate the ability to create." Thanks to their training experiences around the world, the chefs at the Radisson are able to produce a massive array of culturally diverse foods.

During an elaborate brunch, the cooks were introduced to the business side of the Culinary Arts. Mr. John Losasso, explained how a chef with experience all around



A Culinary Specialist Seaman learns new techniques for making pizza from a Radisson hotel chef in Bahrain. (Released by Juneau Public Affairs)

travel all over the world and learn these skills."

the kitchen has the opportunity to take managerial positions in hotels due to his ability to effectively manage such a large and important group. Losasso's biggest piece of advice to these young men was, "You need to take advantage of the Navy's travel and experience opportunities. You won't always have the money that it costs to

Stokes was pleased with the training his Sailors received. "I wish we had more time to do this, but we're going to continue setting up these events to ensure our Sailors are able to take advantage of the generous offers provided by these countries."

Lt. j.g. Heath E. Alvarez, Juneau's Food Service Officer, highly praised the program and his Sailor's efforts. "We have the means of acquiring hands-on training that is not always available due to the ship's frequent underway schedule. Better food helps boost crew morale, and more knowledge helps broaden our cook's horizons," he said.

Juneau is currently conducting security and stability operations in the Northern Arabian Gulf as part of Expeditionary Strike Group Three (ESG 3) under Brig. Gen. Jospeh V. Medina, Commander, Task Force 58 (CTF 58).

(Exp. Nov. 5) **1988 Nissan Big Truck**, No more JCI, asking \$500. Call 252-8437.

(Exp. Nov. 13) Phone rights for sale, \$150. Satellite dish, \$50

(Exp. Nov. 5) Home entertainment cabinets, solid wood. Quality work. Great condition. Many shelves. Can accommodate large-screen TV and all other components. I have JPEGS, \$1500 new, asking \$750/obo. Also selling, sectional sofa. Each section about 8ft long \$350/obo. Both items 2 yrs. old. Sony Trinitron flat-screen TV, 36" screen, asking \$300. Fits perfectly in cabinet above! Call 090 7456 6949 or 0956 39 4132.

Experienced in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

Therapeutic massage, certified massage therapist. One hour \$45, 90 minutes \$60, 2 hours \$80. Call Sandra at 090 5024 7139 for an appointment.

"3rd Annual Spike the Pumpkin Pie Volleyball Tournament"

Tournament will be held at the Fleet Fitness Center and will be double elimination. Teams will consist of 6 players. Entries due to the Fleet Fitness Center by Tuesday, November 16th. Awards will go to the top 3 teams along with individual awards for the Championship team, MVP and Sportsmanship.

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Sasebo Soundings
If you want to place an e-mail
<soundings@sasebo.navy.mil>
Deadline for submissions is
Tuesday at Noon



Fleet Gym 252-3588

Hario Gym 252-8691

He shoots, he scores...



A ball player from the CTF-76 Outlaws launches a shot from three-point land as a PWT defender applies the pressure during Tuesday night basketball action at the Fleet Gym. PWT's Thomas Howard nailed three of his own three pointers in the first half, but PWT still fell to Huff and the rest of the Outlaws, 67-37. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

Sasebo golf team evens up tournament against Iwakuni

Isiah Mincks
MWR Athletics Director

After beating us on their home course a week ago, Sasebo Golfers beat Iwakuni by 138 strokes to even up the 2004 Home & Away Golf Tournaments. Iwakuni brought down 18 golfers to compete against Sasebo, we had a good time and met some new people.

Bill Nagami, from ship repair facility (SRF), came away with the lowest score of the day, a 79.

Among the golfers in attendance, Alec Culpepper, Morale Welfare and Recreation (MWR), Tom Howard (CFAS), Bill Nagami (SRF), Isaiah Mincks (MWR), Brian Wright (SEC), Chris Alford (CPG-1), Mike Yoneda (MWR), Bob McGaffin (ret.) Robert Pinter, Navy Exchange (NEX), Bert Ludlow (FFSC), Willie Delossantos (FISC), Michael Duncan, (Ordinance), Randy Miller (ret.), Eline Key, (DET), Raymond Key (SRF), Barry Measom (CFAS), Chris Wyatt (ACU-5), Rick

Adams (Fort McHenry), James Parrish (SRF), Bing Jimenez (SRF), Guy Burleson (CFAS), David Bell (ACU-5), Wray Matesich (FISC), Joey Pacleb (ORD), Mohri Masato (CFAS) and, Ide Yoichi (CFAS). There is already talk of next years Sasebo vs. Iwakuni Home & Away Golf Matches. I believe we will do much better next year!

The camaraderie that develops at an event such as this is invaluable to individuals living in Japan.

Every golfer has the opportunity to meet a new friend, who also lives miles from America in Japan.

I myself have met friends in Iwakuni, and look forward to seeing them throughout the year.

For anyone interested in joining this rivalry, beginning the game of golf

or if you are simply a golfer dying to get back out on the course, please contact me at 252-3588. There are tons of local driving ranges, monthly tournaments held by MWR and Ordinance, and free club rental at the Fleet Fitness Center.

Golf Tournament Results:
Champions: Sasebo, CFAS 908
Second Place: Iwakuni, MCAS 1,046

Flight Champions and scores

Bill Nagami Championship Flight
Score: **73**
Chris Alford Master Flight
Score: **76**
James Parrish Fleet Flight
Score: **73**
Bert Ludlow Hacker Flight
Score: **73**
Longest Drive #5: J. Clark (Iwakuni)

Longest Drive #13: B. Nagami (Sasebo)
Closest To Pin #2: W. Delossantos (Sasebo)
Closest To Pin #17: W. Biggs
Gorilla #7: W. Salter (Iwakuni)
Gorilla #12: G. Johnston (Iwakuni)

Fitness Center tackles your questions

Alec Culpepper
MWR Fitness & Aquatics Director

Question:
Can we get another weight rack so there will not be weights on the floor?

Answer:
I am sorry, but not at this time. When I arranged the weight room I planned it so there were more than enough space to hold all of the weights and accessories. The only problem that we face is that it is an unmanned facility and people fail to pick/clean up after themselves. I urge all patrons that utilize all of the facilities to please take pride in your facility. The patrons are the real owners of the space, so please take pride in the equipment and area and try and keep it as clean and safe as possible for all patrons to use.

FROM THE BENCH
with hosts
Isaiah Mincks
Dennis Lebling and Dave Glazier
Thursday mornings 8:00 – 9:00
HUNDERADIO 1575

Softball Standings (As of Oct. 24, 2004)				
RANK	TEAM	WIN	LOSS	.PCT
1	Fire Dreams	9	2	0.818
2	Total Force	8	2	0.800
3	Fort McHenry	3	8	0.273
4	Patriot	1	3	0.250
5	Guardian	1	2	0.333
6	Hitmen	0	5	0.000
7	The Squad	0	0	deployed
8	Iron Gators	0	0	deployed

Sasebo's sky cam?



Close, but not quite. This aerial photo, showing a bird's-eye-view of the new turf field at Nimitz Park was shot by the Japanese Maritime Self Defense Force (JMSDF) from a helicopter flying high above the new field. (Official JMSDF Photo by Chief Magoshi, JMSDF Omura Air Squadron)